HEALTH EDUCATION – Basic to health education is a foundation of knowledge, attitudes, skills and behaviors impacting healthy lifestyles. Healthy family relationships are critical to maintaining the family unit that historically has been considered the fabric of society. While parents are the primary source from which children learn skills to act responsibly in relationships, the community and school play supportive roles. Individuals who are confident in their knowledge of themselves and the relationships and interactions within families and other interdependent groups, and who are able to apply skills of developing and maintaining healthy relationships are better able to participate in a healthy family life, to nurture and support others, and to successfully manage their changing life responsibilities.

End of Primary	4 th Grade	5 th Grade	
Personal Wellness – Personal wellness embodies individual well-being, which incorporates physical, social, mental and			
emotional health.			
PL-EP-1.1.01	PL-04-1.1.01	PL-05-1.1.01	
Students will identify effective social	Students will describe effective social	Students will describe effective social	
interaction skills (e.g., identifying emotions, listening, cooperation, etiquette, politeness,	interaction skills (e.g., identifying emotions, listening, cooperation, communication,	interaction skills (e.g., identifying emotions, listening, cooperation, communication, sharing,	
communication, sharing, empathy, following	sharing, empathy, following directions, and	empathy, following directions, and making	
directions, and making friends) that promote responsible and respectful behavior. DOK 1	making friends) that promote responsible and respectful behavior. DOK 2	friends) that promote responsible and respectful behavior. DOK 2	
PL-EP-1.1.02	PL-04-1.1.02	PL-05-1.1.02	
Students will identify strategies for stress management, problem solving, conflict resolution, and communication (e.g., self-control, work and play collaboration, caring, forgiveness/reconciling, asking for help, active listening). DOK 1	Students will describe strategies for stress management, problem solving, conflict resolution, and communication (e.g., selfesteem, self-control, empathy, asking for help, forgiveness/reconciliation, how to apologize, active listening, anger management, standing up for one's rights). DOK 2	Students will recommend effective strategies for responding to stress, conflict, peer pressure, and bullying (e.g., fairness, compromise, standing up for one's rights, anger management, problem-solving, refusal skills, verbal/nonverbal communication). DOK 2	
PL-EP-1.1.03	PL-04-1.1.03	PL-05-1.1.03	
Students will identify ways that growth and development are unique to each person. DOK 1	Students will describe how physical, social, and emotional changes occur during preadolescence. DOK 2	Students will describe how physical, social, and emotional changes occur during preadolescence. DOK 2	

Behavioral Choices - Behavioral choices and habits contribute to the promotion of an individual's physical health, the prevention of illnesses and diseases, and the ability to remain mentally and emotionally healthy.

PL-EP-1.2.01	PL-04-1.2.01	PL-05-1.2.01
Students will describe how an individual's	Students will describe how an individual's	Students will describe how an individual's
behavior and choices of diet, exercise, and rest affect the body. DOK 1	behavior and choices relating to diet, exercise, and rest affect body systems (e.g., circulatory, respiratory, digestive). DOK 2	behavior choices and habits relating to diet, exercise, rest and other choices (e.g., tobacco, alcohol, illegal drugs) affect body systems (e.g., circulatory, respiratory, digestive). DOK 2
PL-EP-1.2.02	PL-04-1.2.02	PL-05-1.2.02
Students will identify strategies (e.g., diet exercise, rest, immunizations) and good	Students will explain how strategies (e.g., diet, exercise, rest, immunizations) and good hygiene	Students will explain how strategies (e.g., diet exercise, rest, immunizations) and good
hygiene practices (e.g., hand washing, using tissues) that promote good health and prevent diseases. DOK 1	practices (e.g., hand washing, using tissues, not sharing personal items) promote good health and prevent communicable (cold, flu, measles, strep throat, lice) and non-communicable (heart	hygiene practices (e.g., hand washing, using tissues, not sharing personal items) promote good health and prevent communicable (cold, flu, measles, strep throat) and non-
	disease, diabetes, cancer, asthma) diseases. DOK 2	communicable (heart disease, diabetes, cancer, asthma) diseases. DOK 2
PL-EP-1.2.03	PL-04-1.2.03	PL-05-1.2.03
Students will identify behavior choices	Students will identify behavior choices (tobacco,	Students will explain risks associated with
(tobacco, alcohol) that result in negative consequences. DOK 1	alcohol, illegal drug use) that result in negative consequences. DOK 1	unhealthy habits and behaviors (tobacco, alcohol, illegal drug use). DOK 1
PL-EP-1.2.04	PL-04-1.2.04	PL-05-1.2.04
Students will describe social (e.g., getting	Students will describe symptoms of common	Students will explain the importance of social
along with others, serving as team	social and emotional problems (aggression,	and emotional health and the symptoms of
members) and emotional (e.g., expressing	anxiety, depression). DOK 2	common social and emotional problems
feelings, self-concept) health. DOK 1		(aggression, anxiety, depression). DOK 2
PL-EP-1.2.05	PL-04-1.2.05	PL-05-1.2.05
		Students will identify resources (e.g. guidance counselors, drug counselors, parents, teachers) that are helpful for individuals seeking treatment or counseling for negative behaviors or addictions (e.g. drug addiction, eating disorders). DOK 1
PL-EP-1.2.06	PL-04-1.2.06	PL-05-1.2.06
	Students will identify self-management and	Students will recommend self-management and
	coping strategies (goal setting, decision making, and time management). DOK 1	coping strategies (goal setting, decision making, and time management) for maintaining mental and emotional health. DOK 2.

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PL-EP-1.3.01	PL-04-1.3.01	PL-05-1.3.01
Students will identify nutrients (protein,	Students will identify foods containing nutrients	Students will identify the role of nutrients (protein,
carbohydrates, fats), which are important in	(protein, carbohydrates, fats), which are important in	carbohydrates, fats, minerals, vitamins, water),
the growth and development of healthy	the growth and development of healthy bodies. DOK	which are important in the growth, and
bodies. DOK 1	1	development of healthy bodies (e.g., strong bones
		and muscles, energy). DOK 2
PL-EP-1.3.02	PL-04-1.3.02	PL-05-1.3.02
Students will describe the overall purpose	Students will describe recommendations made in	Students will explain recommendations made
of the Dietary Guidelines for Americans	the Dietary Guidelines for Americans 2005 and	in the Dietary Guidelines for Americans 2005
2005. DOK 1	the overall purpose of these guidelines. DOK 2	and the overall purpose of these guidelines.
		DOK 2
Safety - Accidents are a major cause o	f injury and death to children and adolescents.	
PL-EP-1.4.01	PL-04-1.4.01	PL-05-1.4.01
Students will identify safety practices (e.g., use		Students will describe safety practices (e.g., use of
seatbelts/helmets/life vests) for dealing with a	seatbelts/helmets/life vests) for dealing with a	seatbelts/helmets/life vests) for dealing with a
variety of health hazards (e.g., crossing the	variety of health hazards (e.g., crossing the	variety of health hazards (e.g., crossing the street,
street, talking to strangers) while at school,	street, talking to strangers, dealing with	talking to strangers, dealing with threatening
home, and play. DOK 1	threatening situations) while at home, school,	situations) while at home, school, and play. DOK 2
	and play. DOK 1	
PL-EP-1.4.02	PL-04-1.4.02	PL-05-1.4.02
Students will identify proper procedures to	Students will identify proper procedures	Students will identify proper procedures
access emergency assistance (911). DOK 1	(calling 911, Heimlich maneuver, stop, drop &	(calling 911, Heimlich maneuver, first aid) for
	roll, apply pressure) for dealing with	dealing with emergency situations (choking,
	emergency situations (choking, bleeding,	bleeding, burns, broken bones). DOK 1
	burns). DOK 1	

PHYSICAL EDUCATION - Cognitive information can be used to understand and enhance the development of motor skills such as movement sequences and patterns. Individuals who understand their bodies and how to perform various movements will be safer and more productive in recreation and work activities.

Psychomotor Skills - Development of psychomotor skills contributes to the development of social and cognitive skills.

PL-EP-2.1.01 PL-04-2.1.01 PL-05-2.1.01 Students will apply fundamental motor skills: Students will apply fundamental motor skills: Students will apply fundamental motor skills: Locomotor: Locomotor: Locomotor: Walking Walking Walking Running Running Running Skipping Skipping Skipping Hopping Hopping Hopping Galloping Galloping Galloping Sliding Sliding Sliding Leaping Leaping Leaping Jumping **Jumping** Jumping Nonlocomotor: Nonlocomotor: Nonlocomotor: Turning Turning Turning Twisting **Twisting Twisting** Bending Bending Bending Stretching Stretching Stretching Swinging Swinging Swinging Swavina Swavina Swaying Balancing Balancing Balancing Fundamental manipulative skills: Fundamental manipulative skills: Fundamental manipulative skills: Hitting Hitting Hitting Kicking **Kicking Kicking** Throwing **Throwing Throwing** Catching Catching Catching Strikina Strikina Striking Dribbling DOK 2 Dribbling DOK 2 Dribbling DOK 2

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PL-EP-2.1.02	PL-04-2.1.02	PL-05-2.1.02
Students will identify the fundamental movement	Students will explain the fundamental movement	Students will apply fundamental movement
concepts:	concepts:	concepts:
Body awareness - what the body is doing	Body awareness - what the body is doing	Body awareness - What the body is doing
Space awareness - where the body	Space awareness - where the body	Space awareness - Where the body moves
moves	moves	 Time - How quickly the body moves
Time - how quickly the body moves	Time - how quickly the body moves	 Effort - How the body moves
Effort - how the body moves	Effort - how the body moves	 Relationship - Relationships that occur
Relationship - relationships that occur while the body moves DOK 1	Relationship - relationships that occur while the body moves DOK 2	while the body moves DOK 2
	social health is strengthened by regular inv	
PL-EP-2.2.01	PL-04-2.2.01	PL-05-2.2.01
Students will identify physical and social	Students will describe physical and social	Students will explain how physical and social
benefits that result from regular and	benefits that result from regular and	benefits that result from regular and
appropriate participation in physical	appropriate participation in physical	appropriate participation in physical activities:
activities:	activities:	Physical benefits: weight management,
Physical benefits: weight	Physical benefits: weight	muscular strength, muscular
management, muscular strength,	management, muscular strength,	endurance, flexibility, cardio-respiratory
muscular endurance, flexibility,	muscular endurance, flexibility,	endurance, control of body movements
cardio-respiratory endurance, control	cardio-respiratory endurance, control	Social benefits: positive interaction with
of body movements	of body movements	others, respect for self and others,
Social benefits: positive interaction	Social benefits: positive interaction	enjoyment, self-expression DOK 2
with others, respect for self and	with others, respect for self and	
others, enjoyment, self-expression	others, enjoyment, self-expression	
DOK 1 PL-EP-2.2.02	DOK 1 PL-04-2.2.02	PL-05-2.2.02
Students will explain the importance of practice	Students will explain the importance of practice	Students will explain the importance of practice for
for improving performance in games and sports.	for improving performance in games and sports.	improving performance in games and sports. DOK
DOK 2	DOK 2	Improving performance in games and sports. DON 2
DOK 2	DOK 2	2
Lifetime Physical Wellness - Students d	emonstrate knowledge and skills that promo	
	PL-04-2.3.01	PL-05-2.3.01
	Students will describe the components of	Students will describe the components of
	fitness (muscular strength, muscular	fitness (muscular strength, muscular
	endurance, flexibility, body composition,	endurance, flexibility, body composition,
	cardio-respiratory endurance) and the FITT	cardio-respiratory endurance) and the FITT
	Principle (Frequency, Intensity, Type, Time).	Principle (Frequency, Intensity, Type, Time).
	DOK 1	DOK 1

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PL-EP-2.3.02	PL-04-2.3.02	PL-05-2.3.02
Students will identify basic rules for participating	Students will explain basic rules for participating	Students will explain why basic rules for
in simple games and activities needed to make	in simple games and activities needed to make	participating in recreational games (e.g., four-
games fair. DOK 1	games fair. DOK1	square, horseshoes, table tennis) are needed to
		make games fair and enjoyable. DOK 2
PL-EP-2.3.03	PL-04-2.3.03	PL-05-2.3.03
Students will identify rules of play and	Students will explain how rules of play and	Students will explain how rules of play and
sportsmanship for spectators and participants	sportsmanship for spectators and participants	sportsmanship for spectators and participants
during games and/or activities that make them	during games and/or activities make them safe	during games and/or activities make them safe and
safe and enjoyable. DOK 1	and enjoyable. DOK 2	enjoyable. DOK 2



CONSUMERISM- Consumer skills are essential for individuals and families due to the availability of numerous products and services on the market, multiple advertising techniques, the need to make responsible financial management decisions, and to utilize resources impacting the community and environment. These skills can provide a foundation for becoming consumer literate and responsible citizens.

Consumer Decisions/Advertising – Accessing and assessing consumer information, comparing and evaluating products and services, provides a basis for making effective consumer decisions.

PL-EP-3.1.01	PL-04-3.1.01	PL-05-3.1.01
Students will identify the difference between	Students will explain the difference between	Students will explain the difference between wants
wants and needs as it relates to consumer	wants and needs as it relates to consumer	and needs as it relates to consumer decisions.
decisions. DOK 1	decisions. DOK 1	DOK 1
PL-EP-3.1.02	PL-04-3.1.02	PL-05-3.1.02
Students will describe major factors (price,	Students will identify major factors (price,	Students will identify major factors (price,
quality, features) to consider when making	quality, features) to consider when making	quality, features) to consider when making
consumer decisions. DOK 1	consumer decisions and will compare and	consumer decisions and will compare and
	evaluate products and services based on	evaluate products and services based on these
	these factors. DOK 3	factors. DOK 3
PL-EP-3.1.03	PL-04-3.1.03	PL-05-3.1.03
Students will identify ways consumer's	Students will explain ways consumer's	Students will identify and explain ways
buying practices are influenced by peer	buying practices are influenced by peer	consumer's buying practices are influenced by
pressure. DOK 1	pressure and desire for status. DOK 2	peer pressure, desire for status, and
		advertising techniques (bandwagon, facts and
		figures, emotional appeal,
		endorsement/testimonial).
		DOK 2

Financial Literacy – As consumers, individuals need a knowledge base for making financial decisions impacting short and long term goals throughout one's lifetime.

PL-EP-3.2.01	PL-04-3.2.01	PL-05-3.2.01
Students will describe different ways to save	Students will explain the purpose of a budget	Students will describe various types of
money (e.g., piggy bank, local bank, savings	and define the basic components (income,	expenses (e.g., food, clothing, entertainment)
bonds). DOK 1	expenses, savings). DOK 2	and savings (e.g., piggy bank, bank account,
		savings bonds) and develop a simple savings
		plan that would achieve a specific goal. DOK 3

Community & Environment – People rely on and evaluate the services and resources provided through private, public, and non-profit agencies in order to make effective consumer decisions.

PL-EP-3.3.01	PL-04-3.3.01	PL-05-3.3.01
Students will identify consumer actions	Students will identify and describe consumer	Students will describe consumer actions

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(reusing, reducing, recycling) that impact the environment. DOK 1	actions (reusing, reducing, recycling) that impact the environment. DOK 2	(reusing, reducing, recycling) and identify ways these actions impact the environment (e.g., conserving resources, reducing pollution, reducing solid waste). DOK 2
PL-EP-3.3.02	PL-04-3.3.02	PL-05-3.3.02
Students will identify the available health and	Students will identify and explain the available	Students will identify and describe the available
safety agencies in a community that provide	health and safety agencies in a community that	health and safety agencies in a community that
services:	provide services:	provide services:
Health department	Health department	Health department
Fire department	Fire department	Fire department
Sanitation	• Sanitation	Sanitation
 Police 	Police	Police
Ambulance services DOK 1	Ambulance services DOK 2	Ambulance services DOK 2

VOCATIONAL STUDIES—Awareness of careers starts in the primary grades and at the middle level more specific exploration experiences occur. The total experience through high school allows students to determine a career path that fits their interests, aptitude, and abilities, while providing strategies to prepare for a career. The basic skills, knowledge, and positive work habits for successful transition from school to postsecondary experiences and to life are addressed throughout a student's educational experience.

Academic, Career Planning, Transition - Many factors need to be considered when selecting a career path and preparing for employment.

PL-EP-4.1.01	PL-04-4.1.01	PL-05-4.1.01
Students will identify reasons why people work	Students will explain why people need to work	Students will identify and explain why people need
(food, clothing, shelter). DOK 1	(e.g., chores, jobs, employment) to meet basic	to work (e.g., to earn money, to work with other
	needs (food, clothing, shelter). DOK 2	people) to meet basic needs (food, clothing,
		shelter) and to provide self-satisfaction and
		enjoyment. DOK 2
PL-EP-4.1.02	PL-04-4.1.02	PL-05-4.1.02
Students will identify jobs (teacher, police officer)	Students will identify jobs (farmer, nurse, truck	Students will identify jobs (art/music teacher,
relating to 2 of the 14 Kentucky Career Clusters (Education, Public Service) and describe these	driver) relating to 3 of the 14 Kentucky Career Clusters (Agriculture, Health Science,	carpenter, factory worker, engineer) relating to 4 of the 14 Kentucky Career Clusters (Arts &
jobs. DOK 1	Transportation) and describe these jobs/careers.	Humanities, Construction, Manufacturing, Science
	DOK 1	& Mathematics) and describe these jobs/careers.
		DOK 1
PL-EP-4.1.03	PL-04-4.1.03	PL-05-4.1.03
Students will identify how academic classes	Students will describe how academic classes	Students will identify a range of academic skills
(e.g., reading and writing) relate to various	(e.g., reading and writing) relate to various	acquired in school (e.g., mathematics, reading,
jobs. DOK 1	jobs/careers. DOK 1	writing) and explain their importance in the
		workplace. DOK 2
		PL-05-4.1.04
		Students will describe how knowing one's own interests and abilities is helpful when selecting
		and preparing for a career path. DOK 2
		PL-05-4.1.05
		Students will identify resources (e.g., Career Day,
		guest speakers, field trips, informal personal
		surveys) that can be used to obtain career
		information. DOK 1
		PL-05-4.1.06
		Students will identify information that is important to
		include in the Individual Graduation Plan (IGP):
		Club/organizations

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		Recognition /honorsInterest /hobbiesDOK 1
Employability Skills - Positive and nega	tive work habits/ethics impact an individual's	s success in school and workplace.
PL-EP-4.2.01 Students will identify how personal responsibility and good work habits (e.g., attendance, work done on time, follow directions) are important at home, school,	PL-04-4.2.01 Students will describe how personal responsibility and good work habits (e.g., attendance, work done on time, follow directions) are important at home, school,	PL-05-4.2.01 Students will explain how and why personal responsibility and good work habits (e.g., school attendance, honesty, cooperation) are important at home, school, and work. DOK 2
and work. DOK 1 PL-EP-4.2.02 Students will describe team skills (e.g., cooperation, communication) used to compete tasks more efficiently at home, school, and work. DOK 1	and work. DOK 2 PL-04-4.2.02 Students will describe team skills (e.g., cooperation, communication) and explain how these skills are used to complete tasks more efficiently at home, school, and work. DOK 2	PL-05-4.2.02 Students will describe team skills (e.g., cooperation, communication) and explain how these skills are used to complete tasks more efficiently at home, school, and work. DOK 2
Communication/Technology – Special of workplace.	communication/technology skills are needed	for success in schooling and in the
PL-EP-4.3.01 Students will identify technology tools (e.g., electronic games, phones, computers) that are used in homes and schools. DOK 1	PL-04-4.3.01 Students will explain how technology tools (e.g., computer programs, Internet, email, cell phones) are used in homes, schools, and jobs. DOK 2	PL-05-4.3.01 Students will explain the purposes of technology tools (e.g., computer programs, Internet, email, cell phones) and how these impact productivity in homes, schools, and jobs. DOK 2